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DOCUMENTARY CONNECTS METAL MUSIC'S ROOTS
SCENE {page 17}

DON'T JUST EAT IT FROM THE CAN
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{page 23}

DESPITE RISE OF EBOOKS, LIBRARIES BUSY AS EVER
{page 11}

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NATHAN DENETTE/THE CANADIAN PRESS

Lions roar to Grey Cup win

- B.C. becomes just the fourth team in CFL history to hoist the historic trophy at home
- Travis Lulay named MVP after leading Lions to 34-23 win over the Bombers {page 26}

B.C. Lions quarterback Travis Lulay hoists the Grey Cup after last night's championship win in Vancouver.

Schools survey

Grades in for break proposal

Of 14,000 responses, slim majority oppose fall break Elementary school parents lead opposition {page 2}

Toy test

Do kids learn from educational toys? {page 21}

Team bus crashes

Several hurt after charter for midget AA hockey team rolls in bad weather {page 3}

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1 news

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Canadian banks' earnings and new data on the U.S. economy will be top-of-mind for investors this week. Video at metronews.ca.

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Christmas. Garden

▶ The Snow Queen's Garden at the Muttart Conservatory.

HEATHER MCINTYRE/METRO

Fairy-tale event for the holidays

One thousand blue and white poinsettias have taken over the Feature Pyramid at the Muttart Conservatory in time for the holiday season. The display, which opened Saturday, is inspired by Hans Christian Andersen's fairy tale The Snow Queen, and recreates the title character's icy gardens in the lands of permafrost. The display will remain until Jan. 9.

Board mulls calendar change

- Nearly 14,000 responded to EPSB survey on the proposed earlier start and fall break
- School board trustees must review results; motion possible at public meeting tomorrow

SHELLEY WILLIAMSON
@METRONEWS.CA

Feedback to an online survey about whether Edmonton Public Schools students should get a fall break has netted record results, but is not making the grade with everyone.

Of nearly 14,000 responses, mostly online, a majority of 46.9 per cent were opposed to the proposal, while 45.1 per cent favoured a week break in November and pre-Labour Day start.

"I had an inkling, I had heard unofficially that the views were fairly balanced. I guess I would say I am modestly surprised at the strength of support for the modified calendar," said EPSB chair Dave Colburn.

Staff and parents of junior high and high school students were more on board for the break around Remembrance Day, while elementary school parents made up the majority of those opposed to the change, at 57.4 per cent.

The board is slated to discuss the results at tomorrow's public meeting, and Colburn noted that a motion could be made after that discussion.

"Whether that's sufficient support to stimulate the board to move forward on this matter is for the board to discuss in the weeks to come," said Colburn.

He said having 13,821 people weigh in was surprising, and underscores the importance of the board opening up the discussion to the public.

"It was a record number. We generally receive 150 people to 200 people responding to policy reviews that are on our website," said Colburn.

Survey says

- Some respondents thought a fall week off would encourage staff wellness and student achievement, while others saw a break in November a potential learning disruption.
- Difficulty getting childcare for a full week in the fall and interference with non-school activities were cited as deterrents to a modified calendar for public school students.
- Giving families more time together and allowing teachers time to complete report cards and prepare for parent-teacher interviews were offered as potential benefits to the change.

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Bomb victim may have alerted family

Family members of the victim killed in an Innisfail explosion may have been notified of a suspicious package seen as the likely source of the blast Friday, according to an online conversation between two family members.

A woman, who later confirmed herself to be a cousin of 23-year-old victim Vicky Shachtay but declined further comment, questioned on Facebook some of the final decisions made by the Alberta mother after she received a package at her apartment.

"I'm just so angry that this person did this," the cousin wrote. "Why didn't she listen to uncle Rick when he told her not to open the package and call the cops?"

The conversation gives the first clues of what led up to the mysterious incident Friday that has devastated the south-central Alberta town of 8,000.

▶ Vicky Shachtay with her daughter, Destiny, 7.

About 20 RCMP investigators continued to comb the scene of the explosion yesterday, said spokesperson Patrick Webb, but he could not confirm whether Shachtay alerted other family members about the package.

"That's a detail that our investigators may have found out ... certainly if somebody has knowledge of that and hasn't come to investigators then they certainly should," Webb said.

JEREMY NOLAIS

Church alters mass language

The word of God is being spoken differently during Catholic mass, including within the Archdiocese of Edmonton. Priests adopted the new Roman Missal translation yesterday after a decade of consultation on the book of prayers. METRO

Bunny cull prompts threats

The Town of Canmore's plan to cull its rabbit population has spurred threatening emails, said the RCMP. Police are investigating emails angrily objecting to the rabbit cull, to determine if charges are warranted. METRO

Bus carrying hockey team rolls near Hinton

Numerous injuries reported after charter bus rolls during poor weather, road conditions ▶ 19 players, 3 coaches, parents on board: Team director

HEATHER MCINTYRE
@METRONEWS.CA

Road conditions are being blamed after a passenger bus carrying an Edmonton hockey team rolled east of Hinton yesterday.

RCMP and EMS responded just after 1 p.m. to the scene on Highway 16 between Edson and Hinton.

RCMP spokesperson Doris Stapleton said the bus, carrying 30 passengers, lost control, skidded into the ditch and rolled once.

"At this time it looks like poor road conditions and a slippery highway is what contributed to this incident," said Stapleton, adding the driver was seriously injured.

The team on board was the South Side Athletic Club's Lakewood Chevrolet Midget AA team.

"I spoke to the coach within an hour after it happened," said team director Ken Arndt. "There might be some broken bones.

"It's pretty scary."

Alberta Health Services spokesperson Kerry Williamson said EMS transported one critical patient, two serious and two stable by ambulance to hospital, while 21 were taken by bus to be checked out.

COURTESY OF LISA CARDINAL

▶ RCMP say this charter bus carrying an Edmonton hockey team lost control and rolled through a ditch on Highway 16 east of Hinton yesterday afternoon.

Fort Saskatchewan resident Mat Conlon passed by the scene about 10 minutes after it happened.

"We had blankets and toques and mitts, so we did what we could," he said. "I thought it would be complete chaos. But … everybody was calm. Everybody knew what to do."

Tragedy for teams

- The team was heading for a 1:30 p.m. game at the Duncan Murray Recreation Centre against the West Yellowhead Rockies Midget AA team.
- The team is one of two Midget AA teams with the South Side Athletic Club, the other being the Don Wheaton Midget team, who lost player Kyle Fundytus, 16, when he died two weeks ago after taking a puck in the neck during a game.
- The two teams were scheduled to play tonight in Mill Woods. It is to be determined if that game will go ahead.

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News in brief

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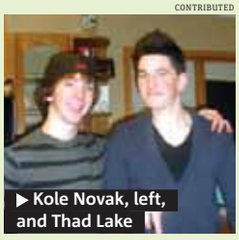

▶ Kole Novak, left, and Thad Lake

Crash kills three men

CRASH. RCMP believe alcohol and speed caused a deadly weekend crash south of Beaumont near Highway 625. Police responded early Saturday to find three young men — whom friends identify as Kole Novak and Bradley Arsenault, both 18, and Thad Lake, 22 — deceased near Highway 625. Another male, 28, suffered life-threatening injuries. METRO

Stabbing injures man and woman

INVESTIGATION. Police and domestic-violence counsellors are investigating a stabbing yesterday involving a man and a woman. Officers arrived at a home near 145 Street and 107A Avenue just before 10:30 a.m., where six children were present, but did not witness the incident. The victims drove to hospital together and are not co-operating with police. METRO

LRT dance party a big hit

DANCE. More than 100 boarded the LRT for a dance party Saturday. The Edmonton Youth Council planned the event to promote transit to new, young riders. Ticket proceeds go to Donate-A-Ride. METRO

Occupy will not die

- Protesters spent 42 days camped out downtown
- 'You can evict an occupation, but not an idea'

HEATHER MCINTYRE
@METRONEWS.CA

After 42 days of camping on private land before being ousted by police, Occupy Edmonton members are regrouping.

Between 40 and 50 people rallied at Ezio Faraone Park yesterday before marching across the High Level Bridge to the University of Alberta, where they discussed next steps.

"This is the beginning of a new phase," said Mahad Mohamed. "Occupy Edmonton is not going to die."

David Laing was excited about the number of people who showed up.

"Our message is clear but with the physical camp people got burned out," he said. "The focus was camp, camp, camp — not so much on the movement."

Laing said the focus is back on the movement and general assemblies will take place in public, such as shopping centres or on the LRT.

The group has yet to decide about setting up another camp.

"If and when we do set up again, we will do it better," said Laing.

HEATHER MCINTYRE/METRO

▶ Members of Occupy Edmonton hang a banner on the High Level Bridge prior to marching across it during a solidarity rally yesterday.

Occupy timeline

- Following a rally at Churchill square on Oct. 15, Occupy Edmonton set up camp at 102 Street and Jasper Avenue on land owned by Melcor Developments Ltd.
- Melcor president and CEO Ralph Young filed an official trespassing complaint about a week ago after the campers defied him asking them to leave on numerous occasions.
- Nine people were on site when Edmonton police came to remove them at 4 a.m. on Nov. 25.
- Six of those people voluntarily chose to leave, while three males, aged 27, 32 and 33, were arrested, charged, then released.

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SEAN LEDWICH/FOR METRO

▶ Jeffrey Kohut stacks charred boards that made up the floor of his now-destroyed tent.

Occupy Winnipeg fires deliberate: Witnesses

Occupier says woman previously threatened to burn down the camp ▶ Police investigating possible arson

SEAN LEDWICH
EDMONTON@METRONEWS.CA
METRO CANADA IN WINNIPEG

The Occupy Winnipeg camp at Memorial Park has seen two suspicious fires in as many days, and occupiers say both fires were deliberately set by a woman known to them and police.

The first fire was discovered burning under a large white festival tent on Wednesday night. Local resident Darren Chanowski said he noticed flames while walking down Osborne Street at about 10:30 p.m.

"Someone had stacked up some newspaper and lit a flame," said Chanowski, who received minor burns on one hand from putting the fire out.

Police attended the camp shortly after, responding to a call about "an intoxicated female threatening to assault people," said WPS spokesperson Natalie Aitkin. The woman was not located and there is no mention of a fire on the police report, Aitkin said.

At 5:30 a.m. Friday firefighters responded to another fire at the camp, which destroyed a three-man dome tent.

Occupier Robert Gaumond said flames were 10 feet high when he saw the fire. He cut open the back of the tent to confirm it was empty. The same woman who was making threats on Wednesday was at the scene, Gaumond said, acting "irrational and combative," and an open kerosene can was nearby.

"She's threatened to burn this place down many times before. She's well known to the police, but I don't know her last name. She's never been to one of our formal meetings," said Gaumond, who said other occupiers told him they witnessed the woman starting Wednesday's fire.

Police say the arson strike force unit is investigating Friday morning's fire and that anyone with information should report it.

Reptiles revealed as Thailand floods recede

SAKCHAI LALIT/THE ASSOCIATED PRESS

▶ Residents pull boats through a flooded street near Bangkok on Saturday.

Murky floodwaters are receding from Bangkok's inundated outskirts to reveal some scary swamp dwellers who moved in while flooded residents were moving out — including crocodiles and some of the world's most poisonous snakes.

Special teams from the Thai fisheries department have responded to numerous reports of reptilian menaces, like the three-foot-long croc that Anchalee Wannawet saw sitting next to the outhouse one morning, its toothy jaw wide open.

"I ran away, and it ran into there," the 23-year-old said, pointing toward the reedy swamp behind the construction site where she works in Bangkok's northern Sai Mai district. "I haven't dared to go the bathroom since. I'm peeing in a can."

Thailand has long been a centre for the breeding, exporting and trafficking of exotic animals, especially crocodiles.

Farmed both legally and illegally, crocodiles are popular because of the value they fetch for their meat, bones and especially their skins, used to make luxury bags and accessories.

THE ASSOCIATED PRESS

Reptilian reality

▶ Only about 5 to 10 per cent of reports turn out to be true, said Praphan Lipayakun, a fishery department official, adding that many false reports end up being large monitor lizards, which are generally shy and harmless.

40 missing in Indonesian bridge collapse

Police say rescuers are searching for about 40 missing people after a bridge collapsed in central Indonesia, sending vehicles crashing into a river below. At least four people are confirmed dead.

Officials say repairmen were tightening bolts Saturday on the bridge when a steel support cable snapped. THE ASSOCIATED PRESS

Kent to play hardball at climate talks

Environment Minister Peter Kent says he is prepared to play some hardball with developing and emerging countries at global climate talks that start in South Africa today.

Kent says all countries need to commit to a global pact to cut emissions, and be ready to prove their progress to the rest of the world. THE CANADIAN PRESS

PMO wants royal portrait returned

The prime minister called and he wants his picture of the Queen back.

That was the sum of a pointed note from Prime Minister Stephen Harper's officials to Foreign Affairs Minister John Baird's department after a portrait was borrowed for the visit of Prince William and Kate last June.

THE CANADIAN PRESS

Study casts doubt on tougher sentences

More than half of convicted impaired drivers tend to reoffend despite severity of sentence, report finds

An internal report by the federal Justice Department raises doubts about the effectiveness of harsher sentences, the linchpin of the Tory government's tough-on-crime policies.

The study examined almost 3,300 people convicted of an impaired-driving offence, and found 57 per cent of them offended again at least once, within five years on average.

And the severity of the first sentence had no impact on the behaviour of repeat offenders.

"There was no evidence to suggest that the imposition of a fine or imprisonment had any effect on the likelihood of whether an offender would re-offend or not," the author concludes.

"This indicates that the severity of the sentence received did not deter offenders in this sample.

"Reconviction rates for all individuals were similar regardless of the sentence received for the initial impaired driving conviction."

The research was delivered in July this year, more than three years after the Conservative government passed a tough law that imposed harsher fines and jail sentences, including mandatory minimums, for impaired-driving convictions.

A spokeswoman for the department provided no details about why the research was ordered. But the review follows the passage in 2008 of an omnibus bill, the Tackling Violent Crime Act, which revamped penalties for drunk driving, among other tough-on-crime measures.

THE CANADIAN PRESS

Recidivism report

- The Canadian Press obtained a copy of the study, Recidivism Among Impaired Drivers by Andre Solecki, under the Access to Information Act. The research covers the period from 1977 to 2006.
- The study is among dozens of internal reports on the justice system prepared each year by department researchers but never published or made public.

THE CANADIAN PRESS FILE

▶ RCMP constable Faz Majid removes an open bottle of beer from a motorist's car during a roadside check in Surrey, B.C.

Prince William joins rescue of cargo ship

Prince William joined a frantic search and rescue mission yesterday after a cargo ship sank in the Irish Sea, leaving several members of the Russian crew missing.

The second in line to the British throne, who is a Royal Air Force helicopter and known professionally as Flight Lt. William Wales, was aboard an aircraft which rescued two crew members early yesterday, after their vessel's hull cracked in gale force winds off the coast of north Wales.

Britain's defence ministry said William had been co-pilot of the helicopter, which carried two people back to his base RAF Valley, on the Welsh island of Anglesey.

Authorities said five people remain missing after the Cook Islands-registered Swanland cargo ship, which had eight people on board and was carrying thousands of tonnes of limestone, sent a mayday call. Holyhead Coastguard said one body had been recovered from the sea, but that the fate of the other crew members was not yet known.

Rescue helicopters from RAF Valley and from Dublin coastguard base in Ireland were initially sent to the scene, about 32 kilometres northwest of the Llyn peninsula in north Wales.

THE ASSOCIATED PRESS

THE CANADIAN PRESS FILE

▶ Prince William

Stormy seas

- Gale force winds battered the Irish Sea yesterday. It is believed the weather could have caused the incident.

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Church conflict locks out members

Issues over reverend's leadership leads to congregation being shut out of St. Giles' sanctuary

JESSICA SMITH
@METRONEWS.CA
METRO CANADA IN OTTAWA

On the first Sunday of Advent, the small Ottawa congregation of St. Giles Presbyterian Church worshipped in the basement, locked out of the sanctuary by the presbytery.

"It doesn't matter where we worship, as long we worship as a community," Rev. Wayne Menard said after the service yesterday.

A group of church members signed a petition objecting to Menard's leadership and asking for his removal. As a result, the presbytery locked the doors of the sanctuary until the congregation "repents," Menard confirmed.

"The whole thing is a mess, and I don't understand why."
MURDO MURCHISON, CHURCHGOER

According to Menard, the problem is more nuanced and complex than reported in local media. He said that out of concern for the congregation, he doesn't want to speak about what led to the basement service.

People from other churches came to the service yesterday to show support for the congregation. The roughly 40 people at the service yesterday was a good turnout, Menard said.

Churchgoers who spoke after the service said they were concerned the rift would impact the future of the church.

"I think there's a real risk that people will go to other churches," said Claudia Chowaniec, as she left the church. "I think we're a family. I think we've all made mistakes."

Murdo Murchison said he was worried that the problems would harm attendance at the church, but added that having to worship in the basement didn't bother him.

"What troubles me is the closing of the church and the indefinite reasons," he said. The issues leading to the lockout have not been explained well enough, he said.

Calgary. Windstorm

▶ Debris litters the ground in downtown Calgary yesterday.

JEREMY NOLAIS/METRO

Blowing through town

Winds at nearing 150 km/h tore pieces of glass and other materials off the TD Square building in Calgary yesterday. Debris rained down from as high as 40 storeys.

Teens arrested for dousing girl with gas

Three adolescents in Saguenay, Que., have been arrested after a 12-year-old girl was doused with gasoline.

Police say that it appears one of them poured gasoline on her while the others held matches and a flaming sheet of paper.

Investigators say the youths had filled beer bottles with gasoline and were waiting for the girl and her friend at one of their homes on Friday evening.

The girl managed to escape and a parent later alerted police.

The three accused were briefly arrested and then released on a promise to appear in youth court in January.

Police say all those involved knew each other.

THE CANADIAN PRESS

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Egypt 'at a crossroads'

Military ruler issues warning on eve of vote ▶ Governing council has come under intense criticism since taking over from Mubarak in February

On the eve of landmark elections, Egypt's military ruler warned yesterday of "extremely grave" consequences if the turbulent nation does not pull through its current crisis — an attempt to rally the public behind his council of generals in the face of pressure from protesters to step down immediately.

Field Marshal Hussein Tantawi urged voters to turn out for the start of parliamentary elections today despite the chaos in the streets after nine days of protests and clashes that some have dubbed a "second revolution." The vote is the first since Hosni Mubarak was ousted in February in a popular uprising.

Tantawi claimed "foreign hands" were behind the latest wave of unrest. His assertions were similar to those made by Mubarak before he was ousted. Tantawi was Mubarak's defence minister for 20 years.

"We will not allow troublemakers to meddle in the elections," he said in comments carried by the nation's official news agency. "Egypt is at a crossroads — either we succeed politically, economically and socially or the consequences will be extremely grave and we will not allow that."

THE ASSOCIATED PRESS

AMR NABIL/THE ASSOCIATED PRESS

▶ Parliamentary candidate Baheya Mohammed wears a niqab, an Islamic face veil, as she talks to voters in Cairo yesterday.

Election woes

The political crisis casts doubt on the legitimacy of the vote and could render the parliament that emerges irrelevant.

- The Muslim Brotherhood, the largest and best organized political group in Egypt, is expected to dominate the elections along with its Islamist allies.
- However, the military has said the next parliament will have limited powers, and suggested that it will retain the right to appoint and dismiss the cabinet.
- The issue promises to put the military and the Brotherhood on a collision course.

COURT ORDERS RELEASE

Students detained in Cairo back in the U.S.

An American student arrested during protests in Cairo says he feared for his life after he was taken into custody by four or five people in plainclothes.

Nineteen-year-old Derrik Sweeney told The Associated Press that he and two other students were beaten and threatened with guns after being arrested on Nov. 20.

THE ASSOCIATED PRESS

Manitoba girl, 4, stable after being shot

Police in Manitoba say a four-year-old girl has been shot, apparently after her five-year-old brother got ahold of a firearm.

Police say the shooting occurred on Saturday in a home in the Rural Municipality of Whitewater, south of Brandon. They say the girl was transported to hospital in Winnipeg, where she is reported to be in stable condition.

THE CANADIAN PRESS

L.A. pepper spray suspect surrenders

A woman suspected of showering Black Friday shoppers with pepper spray surrendered to authorities, but was released pending further investigation after she refused to discuss the incident, police said Saturday.

The woman, whose name was not released, is suspected of firing pepper spray into a crowd late Thanksgiving night at a Walmart in the San Fernando Valley. THE ASSOCIATED PRESS

THE CANADIAN PRESS FILE

▶ A man reads newspapers inside the Library of Parliament in Ottawa in 2010.

Libraries flourish in ebook era

▶ Report says library usage is up across Canada ▶ Ebooks offer patrons benefits over traditional books ▶ But libraries threatened by budget cuts

Despite the rise of smart phones and ebook readers, many Canadian libraries are busier than ever. And the renaissance may be due in part to the very technology that was expected to threaten their existence.

Across the country, library usage is up 45 per cent over the past decade, from 16.6 to 24.1 transactions on average per capita, according to a recent report prepared by Lumos Research for the Canadian Urban Libraries Council.

Much of that growth has been driven by digital information.

The use of electronic databases more than doubled, and Internet visits to library websites and catalogues grew five-fold in that period, according to the report.

At many libraries, there are now ebooks and electronic audiobooks available for download to compatible e-readers, computers, MP3 players and smartphones, as well as music and movies.

The key to a library's success, said Guy Berthiaume, director of Montreal's Grande Bibliotheque, is to adapt with the times.

The library now has 200,000 ebook titles available with plans for more on the way.

The big bonus? They're automatically returned so there's no late fees. And the digital version of tomes like, say, War and Peace are a whole lot lighter. **THE CANADIAN PRESS**

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AXEL HEIMKEN/DAPD/THE ASSOCIATED PRESS

▶ Environment activists, from left, Fritz Pothmer, Georg Janssen, Hanna Schwarz and Heiko Mueller-Ripke sit chained to a pyramid-shaped concrete structure on train tracks near Hitzacker, Germany, yesterday in protest of a nuclear-waste shipment. It took police several hours to unchain the protesters.

Protesters target tracks to stop nuclear waste

Nuclear energy unpopular in Germany since 1986 Chornobyl disaster ◐ Annual shipment controversial

German police cleared a sit-in of thousands of protesters attempting to block a shipment of nuclear waste and detained 1,300 people yesterday, officials said.

Hundreds of officers started evicting protesters from the rail lines near Dannenberg, police spokesman Stefan Kuehm-Stoltz said. Those who refused to leave were detained and are being brought before judges.

Police put the number of protesters at 3,500 while protest organizers said 5,000 people had occupied the tracks that will be used to transport 11 containers of nuclear waste reprocessed in France and now on its way to a storage site near the northern town of Gorleben. Activists say the containers and the temporary storage facility are unsafe.

150 Activists say some 150 people were injured as police used tear gas and batons during some protests over the weekend.

Police also clashed with two groups of protesters that hurled stones and fireworks at officers. Several officers were injured and at least 10 people detained, Kuehm-Stoltz said.

The train carrying the shipment entered Germany on Friday after delays in France, where activists damaged railway tracks.

The shipment was expected to reach its destination late yesterday or early today. Some 20,000 German police officers are on hand to secure the cargo.

Germany — as most other nations using atomic power — has not yet decided where nuclear waste, which remains radioactive for thousands of years, should be stored permanently. THE ASSOCIATED PRESS

DNA barcoding catches food fraudsters, IDs ancient animals

Scientists have discovered a range of new uses for a Canadian technology that can be used to peer into 30,000-year-old permafrost, detect phoney herbal medicines and catch invasive species before they sneak across borders.

Researchers from around the world are "fingerprinting" most of the planet's species by taking samples of their DNA and cataloguing them in a reference library. The DNA creates a so-called barcode that identifies real ingredients in food, quickly analyzes water quality and reveals how the environment has changed over millenia.

Bob Hanner, a professor at the University of Guelph where the technique was developed in 2003, said barcoding gives governments, businesses and people a reliable way of knowing what they're eating, importing and buying. "We have a very powerful tool to identify species in processed products that you wouldn't normally be able to identify using traditional morphological techniques," he said.

IBOL/THE CANADIAN PRESS

▶ An orange clownfish in an anemone.

Researchers are steadily building the library of barcodes by taking short gene sequences from samples of birds, fish, mammals, insects and other life forms at herbaria, museums and other facilities.

The Canadian Food Inspection Agency is using barcodes to collaborate with its U.S. counterparts to identify seafood, pest insects and pathogenic fungi. Environment Canada is also using it to measure species diversity in watersheds and identify materials they've confiscated, Hanner said. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
- 23.26 (11,462.06)	- 0.23¢ (95.29¢ US)
Oil	**Natural gas**
+ 60¢ US ($96.77 US)	$3.542 (+ 8.2¢)
	Gold
	$1,685.70 (- 10.20¢)

U.K. buddies up with Canada on oilsands: Guardian

A British media report says the U.K. government has been giving secret support at the very highest levels to Ottawa's campaign against European penalties on its oilsands fuel, prompting environmentalists to call Britain Canada's "partner in crime."

The Guardian newspaper says energy giants Shell and BP, which both have major oilsands projects in Alberta, have been lobbying the government of Prime Minister David Cameron to back Canada's fight against the European proposal.

According to documents released under freedom of information laws, at least 15 high-level meetings and frequent communications have taken place since September between Ottawa and London.

The European proposal is to designate transport fuel from tar sands as resulting in 22 per cent more greenhouse gas emissions than that from conventional fuels, officially labelling Alberta's oilsands fuel as dirtier. THE CANADIAN PRESS

Former roommates now the yin and yang of Greece

In an old black-and-white photograph, one wore long hair and a rakish moustache, the other thick-rimmed glasses.

Children of pedigree, they shared a dorm at an American university. Forty years later, as political rivals at the height of the Greek crisis, George Papandreou — until recently prime minister — and Antonis Samaras symbolize the split personality of a nation with roots in left and right, chaos and greatness.

The sparring between the leaders of Greece's two main political parties is over for now. But the forces they represent will clash in elections as early as February, shaping the next chapter of a society on Europe's edge whose strife has an outsized impact on continental union, as well as the global economy.

The left-leaning Papandreou and the conservative Samaras are the yin and yang of modern Greece, heirs to historical divisions and symbols of interlocking currents of reform and tradition.

"Let's face it, power is a delirium. It's something that can make you turn on your friends," said Philip Tsiaras, who knew both men in college.

PETROS GIANNAKOURIS/THE ASSOCIATED PRESS FILE

▶ Greece's former prime minister George Papandreou, left, speaks next to conservative opposition leader Antonis Samara after their meeting in Athens on Oct. 18.

ALEXANDRER TSIARAS/THE ASSOCIATED PRESS

▶ Papandreou, front left, Tsiaras, front right, Samara, right, and Stefanos Emmanouilides back left, in 1973.

Bickering in the Greek parliament has vexed international lenders who want unity of purpose from Greece where many chafe at foreign directives and doubt the benefits of harsh bailout terms.

The coalition government, a compromise reached by the two men, must present a compelling "narrative" that convinces Greeks that their leaders are acting in their best interests, not those of their power blocs, said Louka Katseli, a former Cabinet minister in Papandreou's government. "The simplistic view that a coalition government will solve everything is an illusion," Katseli said.

THE ASSOCIATED PRESS

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DRIVING HOME A BETTER DEAL FOR THE CITY

URBAN COMPASS

TERENCE HARDING
METRO EDMONTON

As city hall grapples with the budget, it faces two major challenges. It must ensure it has the money to do what needs to be done. And it must keep a tax hike on this side of the financial twilight zone. One of the perennial challenges it faces is that it has a limited number of sources of revenue. There is only so much that can be charged for city services and using utility rates to increase revenue is just taxation by a different route.

A continual irritant for those of us who actually live in Edmonton is the fact that others who do not live here get to use the infrastructure we pay for without having to contribute a dime for the pleasure of doing so. Every day, thousands of people who live in areas such as Sherwood Park, St. Albert and Leduc drive into our city, earn their living and return home without contributing to the maintenance of this city. It is about time that changed.

> **"Every day, thousands of people who live in areas such as Sherwood Park, St. Albert and Leduc drive into our city, earn their living and return home without contributing to the maintenance of this city. It is about time that changed."**

There has to be some way to use those thousands of vehicles as a revenue source. One way of doing so would be to have tolls on the major access points into the city. Every car, truck and bus that is not registered here should have to pay every time they use our roads. I am sure there would be all kinds of screaming and yelling from those who think we should give them a free ride. But since daily parking in this city runs into the hundreds of dollars a month, I have difficulty believing that an extra buck a day would actually create any kind of economic hardship.

Current technology would allow us to move beyond the throw-your-money-in-and-the-gate-will-go-up style of tollbooth. Transponders are used in a number of cities to create easy passage through tolls. A transponder would also allow toll-gathering mechanisms to differentiate between a car that is registered here and one that is not. Given that you can buy a smart phone that will talk to you, there are probably lots of technological solutions to the challenges of charging a toll but keeping the traffic moving.

I am sure there a number of legal impediments to implementing tolls. But laws can be changed. It would be interesting to hear the argument against the city charging for the use of infrastructure that Edmontonians have bought and paid for.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will you miss Italy's resigned leader Silvio Berlusconi?

78% NO, HIS BUNGA BUNGA STYLE DOESN'T INTEREST ME

22% YES, HE MADE POLITICS SEXY

Local tweets

- **@Jaisabella:** Flecks of rain on my wind screen. #Yeg
- **@lisaepp:** Beautiful, big blue skies kinda day. What a wonderful afternoon downtown & out and about in #yeg!
- **@jameskrp:** High wind speeds force #yycdt shutdown & state of emergency! All of us up here in #yeg hope 4 best 4 our #yyc friends
- **@veronicaweibs:** #yeg it's like plus 8 quit driving like there's a foot of snow on the ground...
- **@witheredwillow:** "whats that stench?" "edmonton" #yucky #yeg
- **@mercuryopera:** Spring weather in #yeg
- **@GigiDavidge:** Crazy windy on the QE2. Anyone else driving? Hold on for your life! #yec #yeg
- **@ABlandman:** Hating the Sunday rush at #costco #yeg
- **@carol_neuman:** Ahh... The (figurative) hangover from a great night at #meaet. Thanks to the many many hands on deck that made it all possible! #yeg

Daily Zoom

Water — a young planet's lifebuoy

200 times the distance from Earth to sun — this is how far these icy vapour disks stretch out. Water can play a key part in forming new worlds since ice condenses with other materials to form the cores of gaseous planets.

TIM PYLE/SPITZER SCIENCE CENTER/CALTECH

Halo of water, celestial sight

CONSTELLATION H20. This ring of water vapour, enough to fill several thousand Earth oceans, has given U.S. experts a clue to the origins of our planet's seas. The water around the star TW Hydrae could form into icy comets and eventually collide with young planets, bringing with it the ingredients for life. MWN

> **"This research tells us that the key materials that life needs are present in a system before planets are born. We can directly detect this."**
>
> PROF. TED BERGIN, UNIVERSITY OF MICHIGAN, LEAD AUTHOR OF STUDY

Is our neighbour copying us?

EVOLUTION. The TW Hydrae star, in the constellation of Hyda, is 10 million years old and our closest solar-system-to-be neighbour, being "only" 175 light years from Earth. Many young star systems could have similar disks and, therefore, the potential to develop watery planets and thus be able to host alien life. MWN

How it might work

- **Collision and formation.** Over several million years, disks could collide and form planets and cosmic bodies.
- **Balls of ice.** Dust and ice particles could merge to create icy comets.
- **Creation of new oceans.** Comets could crash onto planets to form vast seas.

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Metal's distorted roots

Documentary connects Elvis to Metallica ... to Nickelback? Premiered Friday on MuchMore

NOUSHA SALIMI/THE CANADIAN PRESS

▶ Metallica's singer James Hetfield performs on Yas Island, Abu Dhabi, United Arab Emirates last month.

The target audience for the 11-part documentary series Metal Evolution is a pretty specific head-banging demographic that's already familiar with the history of the heavy genre from AC/DC to Metallica and Zakk Wylde.

And yet the Canadian-made show has landed screen time on MuchMore, which has the likes of Katy Perry, Bruno Mars, Beyonce and Britney Spears topping its current chart of videos.

Show co-creators Sam Dunn and Scot McFadyen say it was a lot easier to sell this series (which first began airing in the U.S. on VH1 Classic) than it was to get buyers' attention with their first big project, the documentary Metal: A Headbanger's Journey.

Dunn and McFadyen say they've proven there's a sizable audience for serious programming about heavy metal and how it's affected and been affected by other music genres.

"When we told people we wanted to make a serious film about heavy metal (seven years ago) we got laughed out of a lot of boardrooms, people didn't really think it was something that could be done and actually could engage an audience," Dunn says.

"Nickelback is a band people like to bash but they are great performers and they do kind of come out of that grunge influence and build on it"

SCOT MCFADYEN, CO-CREATOR OF METAL EVOLUTION

"VH1 Classic has been really supportive of our work in the U.S. and I think they recognized that provided you can kind of tie in a lot of the classic bands, like Kiss and Aerosmith and Van Halen, and touch on some of the more recent bands, they recognize there's an audience out there."

The idea for the show, co-produced by MuchMore and VH1 Classic, was based on the reaction to a family tree of heavy metal that the filmmaking duo presented in their first documentary, charting how the music of Elvis Presley, the Beatles and Jimi Hendrix connected to the various metal subgenres of today.

"There were a lot of people we were really excited to interview, some unlikely characters for a series about heavy metal," Dunn says, giving Dick Dale, the '60s-era King of the Surf Guitar, as a prime example.

Another somewhat unlikely connection to heavy metal — which the filmmakers are expecting may cause a bit of a kerfuffle with fans of the genre — is the much-maligned best-selling rockers Nickelback.

The band is profiled during an episode about the aftermath of the grunge movement in the '90s and how the likes of Nirvana, Alice in Chains, Pearl Jam and Soundgarden influenced hard rock.

"Grunge is a good example of those musical styles where half the people you ask will say it's totally metal and the other half will say it's got nothing to do with metal," says Dunn.

"That's really the question we ask in that episode, is grunge part of the story of metal?" If it is, it's hard to dispute Nickelback isn't part of the conversation, given that the band began dominating the radiowaves in the years after grunge's demise.

"This show is about the evolution of sound and who did those grunge bands influence? Really, the next generation are bands like Nickelback, Creed and Silverchair, all these bands that came up in the late '90s that had hallmarks of the grunge sound but were creating something a little more mainstream, a little more radio-friendly," says Dunn.

It was impossible to ignore Nickelback's impact on hard rock music, McFadyen says, even if metal fans think the band is the antithesis of what they're into.

THE ASSOCIATED PRESS

2 scene

Box office

The latest Twilight movie has plenty of daylight left with a second-straight win at the weekend box office. The Twilight Saga: Breaking Dawn – Part 1 took in $42 million domestically over the three-day weekend and $62.3 million in the five-day U.S. Thanksgiving boom time from Wednesday to yesterday.

THE ASSOCIATED PRESS

India hooked to Tamil song that's become an Internet sensation

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A full-bellied appreciation

History of food, pleasures of eating detailed in Adam Gopnik's new book ▶ It is linked to his book on winter

Acclaimed New Yorker essayist Adam Gopnik toured Canada recently to deliver Massey Lectures on his chosen theme, winter, and he returned this week to talk about another subject close to his heart — food.

Winter: Five Windows on the Season was written simultaneously with The Table Comes First: Family, France and the Meaning of Food, and Gopnik allows that related engagements have kept him on the go for several weeks now.

In addition to keeping their author busy, the books are "linked or allied," he said in an interview at his publisher's office.

"They're both very much about — how can I put this? — the elaboration of meaning in places where you wouldn't expect a lot of meaning to arise: In what previously had been seen as a bleak and forbidding season, winter, and what previously before modern times had often been seen as a human necessity rather than a human desire, as a need rather than as a desire."

HANDOUT

▶ Adam Gopnik

In modern times, people stand at the window and watch snowstorms, he said, and they sit at the table with their families. If they're lucky, there is an abundance of food and they have to decide what to do with it.

Gopnik, 55, is an American who spent many of his formative years in Montreal, and his parents and wife, son and daughter have Canadian citizenship. His scientist mother has been a huge influence in his appreciation of food.

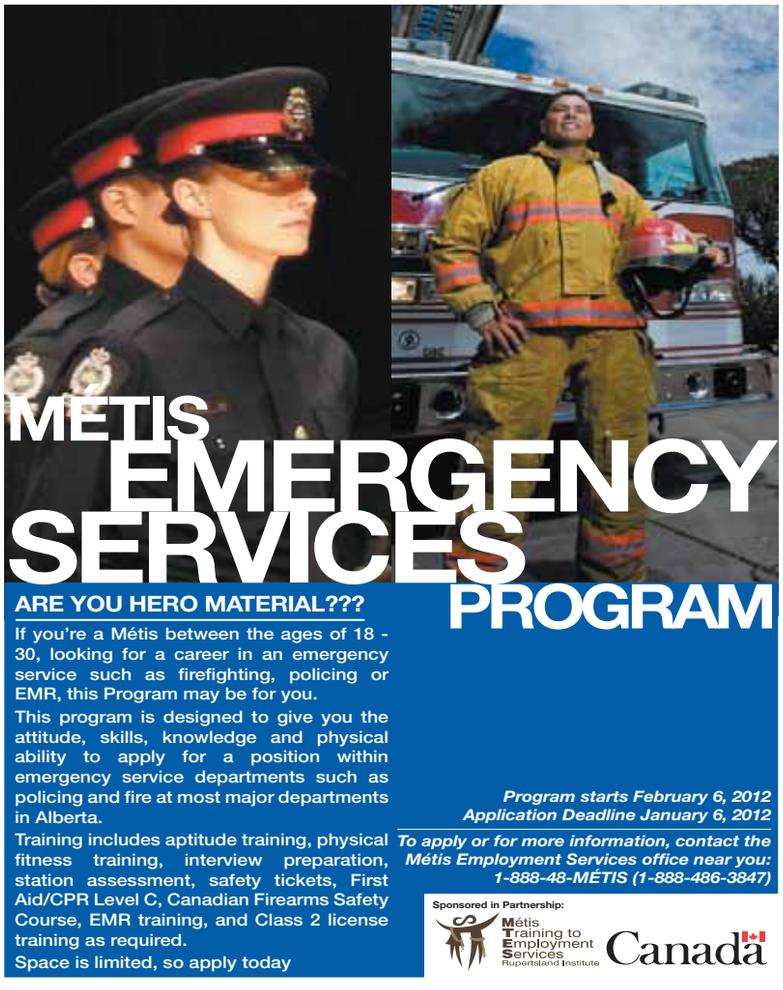
"It's not so much the recipes that she taught me, the 'do this, do that,' it's that your nerve endings become attuned to the nerve endings of your mentor. I'm never scared by a recipe. I can sort of visualize my mother beating egg whites or making a creme anglaise or something like that."

In the book, he declares that he loves to eat — simple food, fancy food, eating out, eating at home.

Now that the weather has turned colder, Gopnik surmised that people across North America are spending more time in their kitchens and dining rooms. THE CANADIAN PRESS

Sentimental title

- The title of the book, The Table Comes First, was inspired by a conversation with British chef Fergus Henderson, who said he couldn't understand how a young couple could begin life by buying a sofa or a television.
- In Gopnik's case, he and his wife Martha started out with a little travertine coffee table in their tiny New York City apartment, and later they were able to enlarge it with a wooden overlay built by his mother.



Your holiday soundtrack

With less than a month until Christmas you should be listening to some festives tunes — or at least buying them for other people ▶ Here's a breakdown of artists who manage to rock the yuletide classics

Michael Bublé, Christmas

Christmas comes early with Michael Bublé's holiday record.

It's his second seasonal release, and it seems as if he's got a knack for making cosy Christmas music.

His smooth voice perfectly covers classics like Silent Night, Have a Holly Jolly Christmas and Jingle Bells.

There's even an original song called Cold December Night.

Bublé also covers Mariah Carey's All I Want for Christmas Is You, but adds his own twist by slowing it down.

It sounds like a completely different song that is noteworthy in its own right.

Christmas is an instant classic that would go nicely in anyone's collection.

Justin Bieber, Under the Mistletoe

Parents are likely to buy Justin Bieber's Christmas album for their kids and pray that their young ones will only play it through their headphones. But Bieber's Under the Mistletoe is a thoroughly entertaining offering for all ages — sometimes even more so for the adults. He's still a teen heartthrob, but there's little childlike about this album (except for the song Someday at Christmas, which closes out the deluxe CD, where a much younger Bieber channels Michael Jackson). Bieber's voice has deepened, and the bubble gum sound has given way to a more mature, soulful sound. And on the soulful upbeat groove Fa La La, with guests Boyz II Men, he sounds almost — sexy.

She & Him, A Very She & Him Christmas

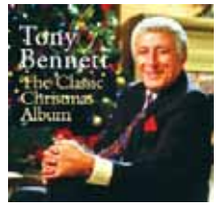
Zooey Deschanel and M. Ward, the she and him of folk rock duo She & Him, have patterned a sparse yet satisfying Christmas album that, on listen after repeated listen, brings to mind a subtly hip holiday vibe that's edgy enough to impress the most jaded Brooklynite and innocent enough to play for grandma, too.

Across the 12 tracks presented on the album Deschanel and Ward glide through some of the holiday classics with low-key yet inspired gait.

The interplay between Ward and Deschanel on Silver Bells and I'll Be Home For Christmas is quick and bouncy, lending a decidedly prominent sense of mirth and merriment — always critical components of a good Christmas album.

David Ian, Vintage Christmas

Jazz pianist David Ian treats the classics with a deft hand on Vintage Christmas, seamlessly melding the some traditional compositions with the perfect hint of lounge-meets-jazz phrasing.



Tony Bennett, The Classic Christmas Album

This greatest hits album compiles holiday tunes from the 85-year-old crooner's repertoire over 40 years. While these songs have all been heard before, there's an eclectic magic to listening to them in succession.

ALL PHTOS CONTRIBUTED

Joey + Rory, A Farmhouse Christmas

If you want to freshen up your holiday music, you could do much worse than this country duo. Joey is the woman and Rory is the guy wearing overalls. Rory is a songwriter when not recording with his wife and it shows in some of the lyrics.

THE ASSOCIATED PRESS

George Michael cancels Euro tour

George Michael has postponed all his remaining 2011 tour dates as he recovers from pneumonia, the singer's publicist said Friday.

Michael was hospitalized in Vienna, Austria, earlier this week. A statement from publicist Connie Filippello said the 48-year-old former Wham! singer "is responding to treatment and slowly improving." Michael "is ill with pneumonia and any other speculation regarding his illness is unfounded and untrue," the statement said.

Two Austrian doctors treating Michael said he had "severe community acquired pneumonia," but "his condition has stabilized and he is responding to treatment." They said he needed time to regain his strength. "From the current point of view, the time until recovery cannot be estimated, but he will not be able to perform the rest of the tour," Dr. Christoph Zielinski and Dr. Thomas Staudinger said in a statement. "Besides medical treatment, complete rest, and peace and quiet are mandatory."

GETTY IMAGES

▶ George Michael

The singer has postponed dates in Liverpool, Sheffield, Newcastle, Glasgow, Birmingham, Manchester and London.

THE ASSOCIATED PRESS

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Miley Cyrus: Party in the USA, indeed

- Singer's friends get her a Bob Marley-shaped cake for her 19th birthday
- A number of dwarfs, including a mini-Nicki Minaj, attend the party

ALL PHOTOS GETTY IMAGES

▶ Miley Cyrus

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

It looks like Miley Cyrus has yet another alter-ego: Let's call this one Hannah Bong-tana, shall we?

When she was presented with a Bob Marley-shaped cake at her 19th birthday party at the Roosevelt Hotel in L.A. last week, Cyrus quipped, "You know you're a stoner when friends make you a Bob Marley cake — you know you smoke way too much f—in' weed." (The Daily has the video evidence.)

"I thought salvia was your problem, man?" retorted guest Kelly Osbourne.

The Daily also reports that guests on hand for the party included her parents, Rumer Willis, and "and a number of dwarfs, including a mini-Nicki Minaj."

I'd make a joke but 1. Osbourne already did it for me. 2. A mini-Nicki Minaj? I have much too much respect for how Cyrus throws a party to poke fun.

▶ Lily Allen and Sam Cooper

It's a girl for Lily Allen and Sam Cooper

Lily Allen and Sam Cooper welcomed their first child, a daughter, over the weekend, according to the Daily Mail.

While not quite an official birth announcement, Allen did reference the arrival on Twitter, posting simply, "Totes amaze."

It's a particularly special occasion for Allen and Cooper, as Allen has suffered miscarriages twice in the past three years.

There was no announcement yet about the baby girl's name. METRO

Celebrity tweets

@BetteMidler

Is it my imagination, or is everyone talking much faster than they used to on CNN?

@russellcrowe

3 hour walk and talk with a great friend. Most of the world's problems solved. I hope you all have a spectacular day.

@goldiehawn

Don't forget to smile when you breathe. Makes all the difference

@AlbertBrooks

Working on "It's a Wonderful Tweet" A man is shown how the world would be different if he were never on Twitter.

J.Lo and beau hang in Hawaii

Jennifer Lopez opted to spend the American Thanksgiving holiday by escaping to Hawaii with Casper Smart, the 24-year-old dancer she's reportedly been dating, according to TMZ.

Smart also got the chance to meet several of Lopez's family members during the trip — and spend quality time with her three-year-old twins, Max and Emme.

"Casper was great with the kids. He was twirling them around and doing flips with Emme and she seemed very comfortable with him," a source says.

"Jennifer got a chance to sit back and relax while Casper took over and played." METRO

▶ Jennifer Lopez

C 350 Shown

The Mercedes-Benz Year End Event is back.

Year End Event

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Are toys good for kids?

The toy industry uses aggressive marketing to sell 'educational' toys to parents and children Will your kids learn anything from these gadgets? Or will a simple box do?

EMMA E. FOREST
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

This time of year, parents spend billions on toys and toy companies spend millions advertising their latest toys and gadgets to kids. With toy manufacturers selling so-called "educational" toys — this year top sellers include junior tablets — what's really best for kids?

"The marketplace has been doing a marvellous job of telling parents that unless you buy the right toys for your children — that is to say, the toys they manufacture — they will be stunted intellectually. It leads parents to buy toys that really aren't ideal," says Dr. Roberta Golinkoff, psychology professor at the University of Delaware and author of A Mandate for Playful Learning in Preschool and Einstein Never Used Flash Cards.

"People in my job have done a lousy job of educating the public about what matters in child development. A lot of parents are buying, for example, expensive electronic toys that have really questionable benefits."

Research shows that kids learn from play, not toys. Parents should be wary of toys marketed as educational — in fact shockingly few toys of any type are developed in consultation with child psychologists.

"Everything is educational, but what are kids actually learning?" says Dr. Susan Linn, psychiatrist at Harvard Medical School and director of the Campaign for a Commercial-Free Childhood.

"Children learn the most from hands-on creative play and from interacting with adults who care about them, so parents should approach toys that claim to be educational with healthy cynicism," says the academic who led CCFC's victorious campaign against Baby Einstein's unsubstantiated claims that babies learn from its DVDs.

"They should ask themselves: Is this toy encouraging my child to be creative? Does it require my child to actively do things? Can it be used in more than one way? Toys that talk, sing or dance at the push of a button are pretty useless for kids."

"The kind of toys kids need are 90 per cent kid and 10 per cent toy, not where the toy determines what you do," says Golinkoff. "That's why children are more fascinated by the box the toy comes in than the toy, because the box has a million possibilities and the toy has one."

THINKSTOCK

Kids learn most from — and love — toys that let them play properly.

> **"Toys kids need are 90 per cent kid and 10 per cent toy, not where the toy determines what you do."**
> DR. ROBERTA GOLINKOFF

Children learn most from toys that offer multiple possibilities and allow kids to express their creativity including art and craft projects, puzzles and games, dress-up outfits, role-play toys and building blocks.

This holiday, place a large appliance box in the middle of your living room, suggests Golinkoff.

"Parents will be shocked by how much their children age seven or under will love that box because it frees up their imagination — it can be a boat, spaceship or house, and they can colour it, cut bits out, paste things on it. Kids love this.

"Parents feel like if they don't buy expensive toys with batteries that they're failing their children but it's the exact opposite. You want the kid to be in charge and not the toy."

3 life

Slow toys

This season UK toy wholesaler Asobi launched a 'Slow Toy' list of fun, interactive, battery-free toys in response to the UK Toy Retailers' Association's top 12 toys of 2011, which included the daft Doggie Doo: a plastic dog that poos.

New rules will make built-in child car seats conform to changed size limits. Scan code for story.

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Eww, they're everywhere

If you skip the sink after going to the bathroom, you really might want to think again.

A new study found bacteria are plentiful on virtually every bathroom surface you might imagine touching — toilet handles, stall doors, soap and towel dispensers.

Gut bacteria — the type of bugs that live in the human gastrointestinal tracts — were even found on the handles of bathroom exits, a dead giveaway that not everyone is following Mom's advice.

"That's not the ideal spot for them," lead author Gilberto Flores said in an interview Wednesday. "You'd hope that most people would wash their hands with soap and water and that you would eliminate most of those."

"You do see kind of a trail based on your activities in the restroom."

The study, done at the University of Colorado in Boulder, saw researchers test surfaces in 12 bathrooms on the university campus to look for microbes. An equal distribution of men's and women's bathrooms were tested.

The findings were published Thursday in the journal PLoS One, a publication of the U.S. Public Library of Science.

The researchers found a wide variety of bacteria, even though the facilities were well maintained, Flores said. The microbes broke down roughly into three groups: bacteria that live on human skin, bacteria from the outdoors that people likely brought in on their shoes and bacteria that live inside humans and are passed in urine or feces.

The latter type is the one which would pose the most concern, though the work didn't find illness-causing bacteria such as Shigella.

Where the different types of bacteria were found correlated with the type of body part the surface came in contact with. Skin bacteria were the main findings on touch surfaces and floors were positive for soil bacteria. Interestingly, some toilet handles also were positive for soil bacteria, suggesting some people were using their feet to flush the toilet, the authors said.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

▶ Your toothbrush is likely giving houseroom to some pretty nasty inhabitants including microscopic bacteria, viruses and fungi.

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NEW Cadillac SRX
PRICED FROM $39,998 or $278 B/W

Stk# M0633, 5.3 L V8, 6 spd auto,remote starter, running boards, tow package, brake controller, skid plates, rear park assist, power pedals, ONSTAR turn-by-turn navigation. Bluetooth, am/fm/cd/mp3 and much more

NEW Chev Tahoe
PRICED FROM $47,998 or $329 B/W

Stk# M0291 6.2 L V8, 6spd auto, remote starter, Ultra Luxury Collection, Sunroof, DVD Navigation, 22" wheels, heated seats and steering wheel, ONSTAR, Bluetooth, Cadillac Premium Care Maintenance package and so much more

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Have some fun with tuna

Eating from a can is boring Making tacos is a simple, tasty solution

CLOVER LEAF

This recipe serves two.

Try these easy tuna tacos for dinner or lunch. Having the flavour right in the tuna helps bring this meal together fast. Serve it up with a crunchy green salad to round out the meal.

Preparation:

1. Toast taco shells for 20 to 30 seconds in toaster oven or in a 180 C (350 F) oven for 1 minute.
2. In a small skillet, heat tuna over medium heat. Reduce heat to low and stir in half of the sour cream.
3. Divide some of the tuna mixture among each taco shell and top with lettuce, tomato and remaining sour cream. Garnish with lime wedges.

CLOVER LEAF/ THIS RECIPE WAS ADAPTED FOR METRO BY EMILY RICHARDS, A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 4 taco shells
- 3 cans (85 g each) flaked light tuna (spicy thai chili)
- 60 mL (1/4 cup) sour cream
- 250 mL (1 cup) shredded iceberg lettuce
- 1 tomato, diced
- 2 lime wedges

Rose Reisman's Swap It

When things get busy for you, it can be quick and convenient to toss a Lunch Mate into your child's school bag. But beware, some Lunch Mates are healthier than others.

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Not your average-tasting beef

Excite the whole family with Cumin-rubbed flank steak

Preparation:

1. Heat a grill or grill pan to medium. In a small bowl, mix together garlic, smoked paprika and cumin seeds. Set aside.
2. Trim steak of any surface fat. Brush it lightly with olive oil, then press the seasoning rub onto both sides.
3. Just before cooking, season steak with salt. Place steak on the grill or grill pan and sear. Cook for 4 to 6 minutes. Turn steak and sear second side.
4. Continue grilling for about 3 to 5 minutes or until cooked to desired doneness. Transfer steak to a platter and let rest for 5 to 10 minutes before carving.

THE ASSOCIATED PRESS/ THIS RECIPE WAS ADAPTED FOR METRO BY EMILY RICHARDS.

Ingredients:

- 1 clove garlic, minced
- 2 ml (1/2 tsp) smoked paprika
- 2 ml (1/2 tsp) whole cumin seed
- Olive oil
- 750 g to 1 kg (1 1/2- to 2-lb) flank steak (about 1 cm/3/4-inch thick)
- Kosher salt

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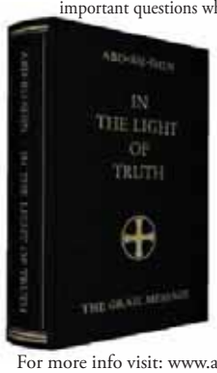

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A waning in the greening?

Study shows current climate of economic uncertainty is putting a drag on eco-friendly home upgrades

BEN KNIGHT
GREEN@METRONEWS.CA

Canada is getting greener.

But the rate at which Canadian consumers are making green decisions for their homes appears to be in decline.

The 2011 Home Depot Canadian Green Home Index gives Canadians a rating of 54.7 out of 100 on a range of actions. The survey covers everything from buying efficient light bulbs and reusing shopping bags, to renovations and retrofits of the entire household. That number is down slightly — for the second year in a row.

"Through our research, we understand that Canadians don't really know where to start," says

Paul Berto, Home Depot's director of corporate communications.

"And since no one has defined what it really means to be green, we thought we'd go with our own index. It's designed to measure Canadians' attitudes and actions on how they can help improve the environment and their homes at the same time."

Berto says the current climate of economic uncertainty is putting a drag on eco-friendly home upgrades.

"About a quarter of Canadians cited economic factors as a reason why they did not green their homes more," Berto explains. "And about 22 per cent felt they'd already done all that they could to make their homes greener."

And there's certainly hesitation over big-ticket improvements.

"A lot of people are willing to turn their thermostats down, but won't spend the $2,500 to $4,000 to put in a high-efficiency furnace — just yet."

Interestingly, the survey suggests Canadians are more likely to get greener when they see their neighbours taking action.

"If your friends and family are involved in composting, building backyard gardens or using rain barrels, you yourself are more likely to pick up those habits and go along those ways."

If you haven't already gotten started, here's a quick list of simple, affordable ways to save energy — and money — in your own home:

"Get a programmable thermostat for your house." Berto recommends. "Make sure you're using low-flow toilets in your bathroom ... look at a really efficient showerhead."

For more info — homedepot.ca

ISTOCK PHOTOS

▶ You can find ways to green up your home.

Draw inspiration

In the game of life, Jeff Morrison holds all the cards

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

It was the last dive of the day, and as Jeff Morrison hit the water he crashed to the bottom of the pool striking his head.

He knew immediately that he couldn't move. He was a quadriplegic and Morrison's life would never be the same again.

After rehab, Morrison began working towards a business degree, but his heart wasn't in it. One day, he forced a Bic ball point pen into his hand and started to draw.

"That little drawing was my turning point and it ignited my life. I was still in my wheelchair but the possibilities of what I could do thrilled me."

TERESA KRUZE

▶ Jeff Morrison is an artist, philanthropist, musician and spinal cord injury survivor.

Successful art shows around the world — including New York and Paris — followed and he developed a line of Christmas cards with the proceeds going to charity.

Now he's following another passion: music. He and partner Tim Hawkes recently recorded a CD and their new downloadable song, I Heard the Bells of Christmas, will help the Grandview Children's Center in Southern Ontario.

Jeff's optimism continues to shine through.

"Never give up. I've come this far and I'm not going to turn back now."

Giving back

Success by the numbers

- 200,000 Christmas cards over the past 16 years
- $100,000 donated to charity
- 10 designs
- 12 charities
- Download I Heard the Bells of Christmas in aid of the Grandview Children's Centre.
- Visit veryspecialcards.com

Morrison moments

- We're stronger as a group than we are on our own. We have to help each other.
- Follow your dream. You may not make it to the top of the mountain but aim high and work hard.

CEO espressos concern

BOOK REVIEW

CRAIG LUND
LIFE@METRONEWS.CA

Greed has never served anyone well, and in the case of businesses it breeds overconfidence, entitlement and a sense of invincibility.

Case in point: Starbucks. In his book Onward, Starbuck's CEO Howard Schultz lays out the factors that led the company astray in the years 2000 to 2007.

Howard describes the damage as being "slow and quiet" and says, "Obsessed with growth, we took our eye off operations and became distracted from the core of the business".

These errors in operation additionally came at the most imperfect of times as the company headed straight into a recession.

Having stepped down as CEO in 2000 to assume the role of Chairman, Schultz returned as CEO in January 2008. Onward is the story of what happened next.

Many people will recall the news in February 2008, when Starbucks made an unprecedented move to close all of their stores for one full day of training.

An action that was unprecedented for any company.

"Obsessed with growth, we took our eye off operations and became distracted from the core of the business."
HOWARD SCHULTZ, ONWARD

Each of the 7100 U.S. stores had a note on the door reading, "We're taking time to perfect our espresso. Great espresso requires practice. That's why we're dedicating ourselves to honing our craft."

Espresso after all is what Schultz fell in love with when he started in the business.

"Pouring espresso is an art," he states. "One that requires the barista to care about the quality of the beverage."

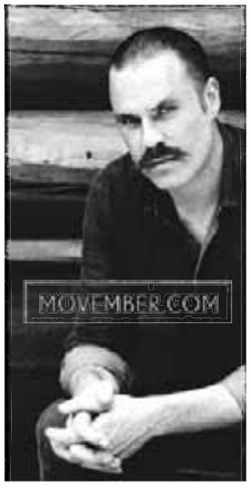
Schultz passion for his business is clear, sometimes to a fault as many senior Starbucks partners can attest to when listening to Schultz speak from the heart.

This was especially upsetting as Schultz's criticism of his company having "lost its way" went against the figures.

Stock price, earnings, shareholder confidence and store openings were all positive. But Schultz was right, the company had lost its way, or more pertinently, its soul.

For many of us, myself included, Starbucks is a part of our daily lives.

Onward is Schultz's commitment to staying in our lives and continuing to be that special 'third place' away from home and work. **CRAIG LUND, IS THE PRESIDENT OF MARKETING SERVICES FIRM MARKETING TALENT INC. AND CAN BE REACHED AT CLUND@MARKETINGTALENTINC.COM OR ON TWITTER @CRAIGLUND**



4 sports

B.C.'s boys beat Bombers

Lions holds off late Winnipeg comeback to win championship at home in Vancouver

LIONS	BOMBERS
34	23

NATHAN DENETTE/THE CANADIAN PRESS

▶ Lions quarterback Travis Lulay scrambles during the second quarter of the 99th Grey Cup at B.C. Place Stadium in Vancouver last night.

They opened the season with a whimper, but Travis Lulay and the B.C. Lions ended it with a bang last night.

Grey Cup MVP Travis Lulay threw two second-half touchdown passes to lead B.C. to an exciting 34-23 Grey Cup win over the Winnipeg Blue Bombers. The victory, before an ear-splitting BC Place sellout of 54,313 in Vancouver capped a stunning turnaround for the Lions, who opened the season 0-5.

B.C. became the first team in CFL history to win the Grey Cup after losing its first five regular-season games. The Lions also became the first squad since 1994 to capture the league title at home.

B.C. was the last club to accomplish that feat, joining the '72 Hamilton Tiger-Cats and '77 Montreal Alouettes.

Lions tailback Andrew Harris, a Winnipeg native, was named top Canadian.

Lulay's 66-yard TD strike to Kierrie Johnson with seven seconds left in the third quarter put B.C. ahead 24-9. But the game's turning point came with 12:21 left to play.

Lulay tried to throw a screen pass inside the B.C. 30-yard line, but Winnipeg end Odell Willis got his hands on the ball and had a clear path to the end zone. Willis couldn't hang on, and the Lions dodged a huge bullet.

B.C. then marched downfield and capped an 82-yard drive at 8:10 of the fourth, as Lulay found Arland Bruce III on a six-yard TD strike to give B.C. a commanding 31-9 advantage.

Buck Pierce made it interesting with two TD passes for Winnipeg. He hit Greg Carr on a 45-yard touchdown strike at 11:22, then found Terrence Edwards on a 13-yard scoring pass with 1:37 remaining to make it 31-22. It was set up by Jovon Johnson's 47-yard punt return that was further aided by a B.C. facemask penalty called on kicker Paul McCallum.

Winnipeg's onside kickoff attempt didn't go the mandatory 10 yards, giving B.C. the ball with 1:36 remaining.

Winnipeg's late rally came after a stellar performance by B.C.'s defence, which had effectively shut down the Bombers' ground game and forced the East Division champions to the air. That seemed to favour the Lions, considering the Bombers had the CFL's second-worst passing attack and had to play catchup against a B.C. defence that surrendered a league-low 21.4 points per game.

It wasn't enough to prevent the extension of Winnipeg's Grey Cup drought to 22 years, their last title coming in 1990. The loss was a bitter pill to swallow for defensive tackle Doug Brown, who was appearing in his final game after 11 seasons with the Bombers.

THE CANADIAN PRESS

Oilers preview

Predators at Oilers
7:30 p.m.
TV: SNET

After games in Minnesota and Detroit, Nashville (10-8-4) ends the month with a trip through Western Canada. Former Vezina nominee Pekka Rinne has struggled of late, getting pulled afer allowing three goals on 13 shots against Edmonton last Tuesday. As Rinne goes, so do the Predators, who have scored more than four goals in a game just once this season when he's in net.

THE CANADIAN PRESS

Bills celebration backfires

Buffalo's Stevie Johnson said he was "just having fun" when he mocked being shot in the thigh after a touchdown catch yesterday. He recognized after a 28-24 loss to Plaxico Burress and the Jets that his celebration hurt the Bills.

Actually, though, the Bills wide receiver was penalized 15 yards for another celebration following his five-yard scoring catch that put Buffalo ahead 14-7 in the second quarter. Johnson drew the flag while imitating the Jets' "flight" celebration.

"I was just having fun and part of having fun ended up being a penalty and a touchdown for the Jets," Johnson said. "It was a stupid decision by myself."

The penalty forced Buffalo to kick off from its 20-yard line. Dave Rayner, a substitute for injured kicker Rian Lindell, mis-hit the intended squib kick and it bounced off the Jets' Emmanuel Cook, who recovered at the Buffalo 36. New York scored on a 14-yard pass from Mark Sanchez to Burress with 1:03 remaining in the half to make it 14-14.

Burress, of course, served 20 months in prison for accidently shooting himself in the leg in a nightclub in 2008 while a member of the Giants.

Asked if his demonstration was meant as a personal knock at Burress, Johnson said "not at all."

"I can't be doing that," he added. "I cost my team seven points. I feel I cost our team a win."

Burress, who made a spectacular catch on the Jets' late drive for the winning touchdown, said he wasn't aware of what Johnson did.

THE ASSOCIATED PRESS

BILL KOSTROUN/THE ASSOCIATED PRESS

"I've already been through the ringer with that whole situation"

PLAXICO BURRESS ON STEVIE JOHNSON'S END ZONE CELEBRATION

Scan code for more sports.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	24	14	6	2	2	77	59	32	8-1-2-0	6-5-0-2	6-3-1-0	W2
d-Toronto	24	14	8	1	1	79	75	30	6-3-1-1	8-5-0-0	5-4-0-1	W3
d-Florida	23	12	7	1	3	64	59	28	5-2-1-3	7-5-0-0	6-3-1-0	L2
Boston	22	14	7	0	1	75	47	29	9-5-0-1	5-2-0-0	9-0-0-1	W1
Philadelphia	23	13	7	2	1	82	68	29	6-4-1-1	7-3-1-0	6-3-1-0	L1
NY Rangers	20	12	5	1	2	56	42	27	6-1-0-1	6-4-1-1	8-2-0-0	W2
Buffalo	23	13	9	0	1	67	61	27	6-6-0-1	7-3-0-0	5-4-0-1	W1
Washington	22	12	9	0	1	70	73	25	8-2-0-1	4-7-0-0	3-6-0-1	L2
New Jersey	22	12	9	0	1	57	58	25	5-4-0-1	7-5-0-0	6-4-0-0	L1
Tampa Bay	22	11	9	0	2	62	69	24	7-3-0-0	4-6-0-2	6-4-0-0	W2
Ottawa	23	11	10	1	1	69	79	24	6-4-0-1	5-6-1-0	4-4-1-1	W1
Montreal	24	10	10	2	2	61	60	24	4-5-2-2	6-5-0-0	4-3-2-1	L2
Winnipeg	23	9	10	3	1	66	74	22	5-3-0-0	4-7-3-1	4-4-2-0	L1
Carolina	25	8	13	2	2	60	83	20	5-6-0-2	3-7-2-0	3-7-0-0	L3
NY Islanders	21	6	11	3	1	41	68	16	5-6-2-0	1-5-1-1	2-6-2-0	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	24	14	7	1	2	79	74	31	7-1-0-2	7-6-1-0	6-4-0-0	W2
d-Minnesota	23	13	7	2	1	54	52	29	8-4-1-0	5-3-1-1	7-3-0-0	L2
d-San Jose	20	13	6	1	0	60	46	27	6-4-1-0	7-2-0-0	7-2-1-0	L1
Detroit	22	14	7	1	0	65	49	29	9-2-1-0	5-5-0-0	8-2-0-0	W5
St. Louis	23	13	8	0	2	57	49	28	8-2-0-1	5-6-0-1	7-1-0-2	W3
Phoenix	22	12	7	1	2	61	56	27	7-4-1-1	5-3-0-1	6-3-1-0	W1
Vancouver	23	13	9	0	1	69	59	27	5-3-0-1	8-6-0-0	7-3-0-0	W4
Dallas	23	13	9	0	1	59	64	27	8-3-0-1	5-6-0-0	3-6-0-1	L2
Edmonton	23	12	9	0	2	64	58	26	6-2-0-1	6-7-0-1	4-6-0-0	L1
Los Angeles	23	11	8	2	2	55	55	26	6-6-0-1	5-2-2-1	5-4-1-0	L2
Nashville	22	10	8	3	1	58	61	24	4-3-2-1	6-5-1-0	4-4-2-0	L4
Colorado	23	10	12	1	0	61	70	21	4-8-0-0	6-4-1-0	3-7-0-0	W1
Calgary	22	9	12	1	0	50	60	19	4-5-1-0	5-7-0-0	4-6-0-0	W1
Anaheim	23	6	13	1	3	50	77	16	4-8-0-0	2-5-1-3	1-8-0-1	L7

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Toronto 5 Anaheim 2
Ottawa 4 Carolina 3
Calgary 5 Minnesota 2
St. Louis 2 Columbus 1

Saturday's results
Pittsburgh 4 Montreal 3 (OT)
Vancouver 3 San Jose 2
Colorado 5 Edmonton 2
Boston 4 Winnipeg 2
N.Y. Rangers 2 Philadelphia 0
Phoenix 3 Dallas 0
Tampa Bay 5 Florida 1
Chicago 2 Los Angeles 1
N.Y. Islanders 3 New Jersey 2
Buffalo 5 Washington 1
Detroit 4 Nashville 1

Tonight's games
All times Eastern
Tampa Bay at Minnesota, 7:30 p.m.
Dallas at Colorado, 9 p.m.
Nashville at Edmonton, 9:30 p.m.
San Jose at Los Angeles, 10:30 p.m.

Tomorrow's games
N.Y. Islanders at Buffalo, 7 p.m.
St. Louis at Washington, 7 p.m.
Florida at Carolina, 7 p.m.
Pittsburgh at N.Y. Rangers, 7:30 p.m.
Ottawa at Winnipeg, 8:30 p.m.
Phoenix at Chicago, 8:30 p.m.
Nashville at Calgary, 9:30 p.m.
Columbus at Vancouver, 10 p.m.

SENATORS 4, HURRICANES 3

First Period
1. Ottawa, Spezza 7 (Gonchar, Karlsson) 0:55
2. Carolina, Dwyer 3 (Sutter) 15:03
3. Ottawa, Spezza 8 (Gonchar, Karlsson) 18:03

Penalties — Condra Ott (interference) 3:20, Cowen Ott (hooking) 12:27, Joslin Car, Greening Ott (fighting) 17:14, Sutter Car (boarding) 17:21, Skinner Car (slashing) 19:36.

Second Period
4. Ottawa, Rundblad 1 (Butler, Konopka) 19:46

Penalties — Foligno Ott (interference) 1:39, Gleason Car (roughing), Winchester Ott (roughing, unsportsmanlike conduct) 5:57, Spezza Ott (high-sticking) 14:10, Sutter Car (hooking) 17:46.

Third Period
5. Carolina, Staal 5 (Pitkanen, Ruutu) 6:46
6. Ottawa, Smith 4 (Daugavins, Kuba) 12:35
7. Carolina, Ponikarovsky 6 (LaRose) 16:49 (pp)

Penalties — Spezza Ott (hooking) 0:36, Staal Car (tripping) 4:17, Filatov Ott (hooking) 14:56, Smith Ott (high-sticking) 18:16.

Shots on goal

Carolina	14	12	9	—35
Ottawa	6	12	7	—25

Goal — Carolina: Ward (L,8-10-3); Ottawa: Anderson (W,10-7-1).
Power plays (goals-chances) — Carolina: 1-8; Ottawa: 1-4.
Referees — David Banfield, Dan O'Rourke.
Linesmen — Steve Barton, Brad Kovachik.
Attendance — 19,656 (19,153) at Ottawa.

MAPLE LEAFS 5, DUCKS 2

First Period
1. Anaheim, Beauchemin 3 (Selanne, Sbisa) 9:51 (pp)
2. Toronto, Bozak 5 (Liles, Lupul) 14:10 (pp)
3. Toronto, MacArthur 9 (Connolly) 14:29

Penalties — Cogliano Ana (high-sticking) 6:18, MacArthur Tor (tripping) 8:20, Guenin Ana (elbowing) 12:57.

Second Period
4. Toronto, Crabb 5 (Schenn, Colborne) 2:36

Penalties — None.

Third Period
5. Toronto, Bozak 6 (Kessel, Lupul) 0:47
6. Anaheim, Perry 10 (Getzlaf, Fowler) 5:38
7. Toronto, Schenn 1 (Kulemin) 19:48 (en)

Penalties — Fowler Ana (slashing) 2:52, Koivu Ana (slashing) 10:36, Phaneuf Tor (high-sticking) 14:39.

Shots on goal

Toronto	10	12	6	—28
Anaheim	10	7	11	—28

Goal — Toronto: Gustavsson (W,8-4-0); Anaheim: Hiller (L,5-10-4). **Power plays (goals-chances)** — Toronto: 1-4; Anaheim: 1-2.
Att. — 13,685 (17,174) at Anaheim, Calif.

FLAMES 5, WILD 2

First Period
1. Minnesota, Clutterbuck 6 (Koivu, Heatley) 1:57 (pp)
2. Calgary, Giordano 4, 4:37
3. Calgary, Stempniak 5 (Backlund, Butler) 6:54
4. Minnesota, Johnson 3 (Brodziak) 8:06
5. Calgary, Brodie 1 (Stajan, Jackman) 8:45

Penalties — Giordano Cal (high-sticking) 0:28, Clutterbuck Min (high-sticking) 8:53, Glencross Cal (cross-checking), Stoner Min (roughing) 12:50.

Second Period — No Scoring.

Penalties — W.Peters Min (slashing) 2:02, Bourque Cal (tripping) 10:48, Smith Cal (holding) 16:12, Stempniak Cal (holding) 19:28.

Third Period
6. Calgary, Tanguay 4, 1:39
7. Calgary, Iginla 7 (Glencross, Jokinen) 8:26

Penalties — Minnesota bench (objects on ice; served by Staubitz) 8:26, Stajan Cal (goaltender interference) 18:38.

Shots on goal

Calgary	15	11	9	—35
Minnesota	7	10	4	—21

Goal (shots-saves) — Calgary: Kiprusoff (W,9-9-0); Minnesota: Backstrom (L,7-5-2)(8-5), Harding (8:45 first)(27-25). **Power plays (goals-chances)** — Calgary: 0-3; Minn: 1-5.
Att. — 16,864 (18,064) at St. Paul, Minn.

SCORING LEADERS

	G	A	PT
Kessel, Tor	16	14	30
Giroux, Pha	13	16	29
Lupul, Tor	11	16	27
Vanek, Buf	12	14	26
Versteeg, Fla	12	14	26
Toews, Chi	13	12	25
Pominville, Buf	9	16	25
Backstrom, Wash	7	18	25
D.Sedin, Vcr	6	19	25
Stamkos, TB	14	10	24
Smyth, Edm	12	12	24
Kopitar, LA	10	14	24
Nugent-Hopkins, Edm	10	14	24
H.Sedin, Vcr	8	16	24
Neal, Pgh	13	10	23
Seguin, Bos	12	11	23
Fleischmann, Fla	10	13	23

Last night's games not included

CFL PLAYOFFS

GREY CUP

At Vancouver
Last night's result
B.C. 34 Winnipeg 23

LIONS 34, BLUE BOMBERS 23

First Quarter
B.C. — TD Harris 19 run (McCallum convert) 8:27
B.C. — FG McCallum 22 11:34
B.C. — Single McCallum 57 14:34
Second Quarter
B.C. — FG McCallum 16 10:28
Wpg — FG Palardy 30 12:24
Wpg — FG Palardy 15 14:30
Third Quarter
Wpg — FG Palardy 33 4:50
B.C. — FG McCallum 22 12:16
B.C. — TD K.Johnson 66 pass from Lulay (McCallum convert) 14:53
Fourth Quarter
B.C. — TD Bruce 6 pass from Lulay (McCallum convert) 8:10
Wpg — TD Carr 45 pass from Pierce (Palardy convert) 11:22
Wpg — TD Edwards 13 pass from Pierce (Palardy convert) 13:23
B.C. — FG McCallum 33 14:02

Winnipeg	0	6	3	14	—23
B.C.	11	3	10	10	—34

Attendance — 54,313.

TEAM STATISTICS

	Wpg	B.C.
First downs	13	19
Yards rushing	41	91
Yards passing	250	320
Total offence	291	411
Team losses	5	7
Net offence	286	404
Passes made-tried	19-37	21-38
Return yards	178	175
Intercepts-yards by	0-0	1-0
Fumbles-lost	0-0	0-0
Sacks by	1	1
Punts-average	9-36.1	9-44.2
Penalties-yards	6-35	7-72
Time of possession	25:20	34:40

Net offence is yards passing, plus yards rushing, minus team losses such as yards lost on broken plays.

INDIVIDUAL STATISTICS
Rushing: **Wpg** — Garrett 8-26, Pierce 4-17, Denmark 1-minus-2; **B.C.** — Harris 10-65, J.Jackson 3-16, Lulay 2-8, Brown 2-2.
Receiving: **Wpg** — Carr 7-107, Edwards 6-83, Watson 3-42, Garrett 2-12, Hargreaves 1-6; **B.C.** — K.Johnson 2-81, Simon 4-79, Bruce 5-73, P.Jackson 2-43, Gore 3-18, Foster 1-12, Harris 1-6, Lumbala 1-6, Iannuzzi 2-2.
Passing: **Wpg** — Pierce 19-37, 250 yards, 2 TDs, 1 int; **B.C.** — Lulay 21-37-320-2-0, Harris 0-1-0-0-0.

GOLF

AUSTRALIAN PGA CHAMPIONSHIP

At Coolum, Australia
Par 72
Final Round
(x—won on first playoff hole)

x-Greg Chalmers	71-69-69-67—276
Robert Allenby	69-68-71-68—276
Marcus Fraser	68-65-74-69—276
Adam Scott	70-67-73-68—278
Aaron Baddeley	67-72-67-72—278
Nick O'Hern	72-69-71-67—279

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	8	3	0	.727	331	223
N.Y. Jets	6	5	0	.545	256	241
Buffalo	5	6	0	.455	261	281
Miami	3	8	0	.273	212	206

SOUTH

	W	L	T	Pct	PF	PA
Houston	8	3	0	.727	293	179
Tennessee	6	5	0	.545	226	212
Jacksonville	3	8	0	.273	138	200
Indianapolis	0	11	0	.000	150	327

NORTH

	W	L	T	Pct	PF	PA
Baltimore	8	3	0	.727	272	182
Pittsburgh	8	3	0	.727	233	188
Cincinnati	7	4	0	.636	259	215
Cleveland	4	7	0	.364	165	216

WEST

	W	L	T	Pct	PF	PA
Oakland	7	4	0	.636	260	274
Denver	6	5	0	.545	221	260
Kansas City	4	7	0	.364	153	265
San Diego	4	7	0	.364	249	275

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	7	4	0	.636	270	225
N.Y. Giants	6	4	0	.600	228	228
Philadelphia	4	7	0	.364	257	251
Washington	4	7	0	.364	183	222

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	7	3	0	.700	313	228
Atlanta	7	4	0	.636	259	227
Tampa Bay	4	7	0	.364	199	291
Carolina	3	8	0	.273	252	305

NORTH

	W	L	T	Pct	PF	PA
Green Bay	11	0	0	1.000	382	227
Chicago	7	4	0	.636	288	232
Detroit	7	4	0	.636	316	246
Minnesota	2	9	0	.182	214	295

WEST

	W	L	T	Pct	PF	PA
San Francisco	9	2	0	.818	262	161
Seattle	4	7	0	.364	185	232
Arizona	4	7	0	.364	213	256
St. Louis	2	9	0	.182	140	270

WEEK 12
Yesterday's results
Cincinnati 23 Cleveland 20
N.Y. Jets 28 Buffalo 24
Oakland 25 Chicago 20
Arizona 23 St. Louis 20
Tennessee 23 Tampa Bay 17
Houston 20 Jacksonville 13
Carolina 27 Indianapolis 19
Denver 16 San Diego 13 (OT)
Atlanta 24 Minnesota 14
New England 38 Philadelphia 20
Washington 23 Seattle 17
Pittsburgh 13 Kansas City 9

Tonight's game
All times Eastern
N.Y. Giants at New Orleans, 8:30 p.m.

WEEK 13
Thursday's game
Philadelphia at Seattle, 8:20 p.m.

TENNIS

ATP

BARCLAYS WORLD FINALS

At London
Singles — Championship
Roger Federer (4), Switzerland, def. Jo-Wilfried Tsonga (6), France, 6-3, 6-7 (6), 6-3.
Doubles — Championship
Max Mirnyi, Belarus, and **Daniel Nestor (3), Canada,** def. Mariusz Fyrstenberg and Marcin Matkowski (8), Poland, 7-5, 6-3.
Singles — Semifinals
Roger Federer (4), Switzerland, def. David Ferrer (5), Spain, 7-5, 6-3.
Jo-Wilfried Tsonga (6), France, def. Tomas Berdych (7), Czech Republic, 6-3, 7-5.
Doubles — Semifinals
Max Mirnyi, Belarus, & **Daniel Nestor (3), Toronto,** def. Bob & Mike Bryan (1), US, 7-6 (6), 6-4.

FOOTBALL

CIS PLAYOFFS

VANIER CUP

At Vancouver
Friday's result
McMaster 41 Laval 38 (OT)

MCMASTER 41, LAVAL 38 (OT)

First Quarter
McM — FG Crapigna 26 7:55
McM — FG Crapigna 32 12:57
Second Quarter
McM — TD Hill 3 pass from Quinlan (Crapigna convert) 1:22
McM — TD Pezzetta 13 run (Crapigna convert) 5:25
McM — FG Crapigna 24 13:37
Third Quarter
Lav — TD Rioux 62 punt return (Bede convert) 3:03
Lav — TD Plesius 37 interception return (Bede convert) 4:17
Lav — FG Bede 18 11:49
Fourth Quarter
Lav — TD Levesque 44 run (Bede convert) 1:57
McM — TD Peressini 9 run (Peressini 5 pass from Quinlan for two-point convert) 9:07
Lav — TD Feoli-Gudino 5 pass from Prud'homme (Bede convert) 12:47
Overtime
McM — TD Fochesato 26 pass from Quinlan (Crapigna convert)
Lav — TD Thibaut 33 pass from Prud'homme (Bede convert)
McM — FG Crapigna 20

Laval	0	0	17	14	7	—38
McMaster	6	17	0	8	10	—41

Attendance — 24,953.

TRANSACTIONS

HOCKEY

NHL

DETROIT RED WINGS—Reassigned F Fabian Brunnstrom to Grand Rapids (AHL).
OTTAWA SENATORS—Recalled F Nikita Filatov from Binghamton (AHL). Reassigned F Stephane Da Costa to Binghamton.
PHOENIX COYOTES—Reassigned D Maxim Goncharov to Portland (AHL).

AHL

LEAGUE OFFICE—Suspended Grand Rapids D Garnet Exelby 1 game for a spearing incident during Friday's game against Oklahoma City.

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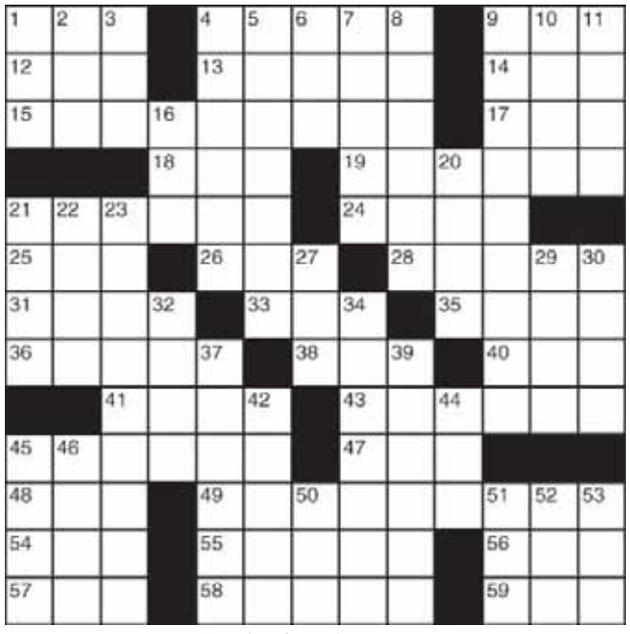
Crossword



Across
1 Cambridge sch.
4 Tweak the Constitution
9 Letterman's network
12 Fuss
13 Alamo hero with a knife named for him
14 Feedbag morsel
15 Part
17 Biz deg.
18 Commercials
19 Quartz variety
21 Baked potato's skin
24 Liniment target
25 Swelled head
26 Stitch
28 Esteem
31 Simple arithmetic
33 Sinbad's bird
35 — St. Vincent Millay
36 Come to a point
38 Bankroll
40 Charged bit
41 Brewery products
43 New Jersey airport
45 OK for dieters
47 Parisian pal
48 Boxer Muhammad
49 ENIAC and its successors
54 Life story, for short
55 Judge, at times
56 Caustic solution
57 Male offspring
58 Logic
59 Doctor's due

Done
1 Buddy
2 Altar affirmative
3 Cruise or Selleck
4 Homes
5 Dr. Frankenstein's creation
6 Female sheep
7 Martial arts mercenary
8 Remove (from)
9 Digests of a sort
10 Movie pig
11 Celebrity
16 Neighbor of Afgh.
20 Oxford, e.g.
21 Make jokes
22 Water (Sp.)
23 Chum
27 "Holy moley!"
29 — about (approximately)
30 Hierarchy level
32 Narcissist's love
34 Finger food
37 Does a double-take
39 Coy
42 Emporium
44 Humor
45 Apprehends
46 Hodgepodge
50 60 sec.
51 Sprite
52 "Catch in the —"
53 Witness

▶ Yesterday's answer

Sudoku

1		9		8				
			3				9	
	5			9		1		
7		4	9		6	5		
	9						4	
		6	2		5	7		9
		5		3			7	
	1				2			
				6		3		8

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	8	4	1	3	6	2	5	7
1	5	7	2	9	4	3	6	8
2	3	6	8	7	5	1	4	9
5	7	3	9	4	2	8	1	6
6	9	1	7	5	8	4	2	3
4	2	8	6	1	3	9	7	5
3	1	5	4	8	7	6	9	2
8	6	9	5	2	1	7	3	4
7	4	2	3	6	9	5	8	1

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

my boy
A special smile a special face
A special someone no one can replace I love you and always will You have filled a space no one could fill
FROM DAISY

Sunshine Aura
A, would like your presence sincerely calling out to you. Presently, at home, cozy and warm. Hope all is well with you and heading in the direction your fate is taking you. Google, myspace, facebook, youtube, ymail, etc. ;) Giggles! Will msg you back new digits with zest! To A from me!
FROM MOON BEAMS

My KyeKye
i love you, your amazing and make me very happy I am so thankful to have someone like you in my life <3 you mean a lot to me and I just thought you should know. xox <3
FROM SHAY

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min -3°	Min -8°	Min -8
Max 2°	Max 2°	Max -2°

Michele McDougall
Weather Specialist
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". **WEEKDAYS 5:30 A.M.**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Although a lot of the time you don't take life too seriously, today something will strike you as of life or death importance. It isn't, so stop worrying.

♉ Taurus April 21-May 21 Anyone who doubts your ambition is about to learn just how tough a Taurus can be.

♊ Gemini May 22-June 21 You will need to trust someone else's judgment today.

♋ Cancer June 22-July 22 Don't do everything at the last minute.

♌ Leo July 23-Aug.23 You won't hesitate to throw your weight around a bit if you think it will bring you the things you desire.

♍ Virgo Aug. 24- Sept. 22 You must listen carefully to both sides of the story you are currently being told.

♎ Libra Sept. 23-Oct. 23 Seek out people who know how to get the best out of life, who know how to have fun.

♏ Scorpio Oct. 24-Nov. 22 No matter how far you may be behind in your schedule you can still get everything done that has to be done.

♐ Sagittarius Nov. 23-Dec. 21 You may think that nothing is beyond you and no doubt you are right

♑ Capricorn Dec. 22-Jan. 20 Your problem? You think too much!

♒ Aquarius Jan. 21-Feb. 18 Times are good and about to get even better and those who say you should be cautious must be ignored.

♓ Pisces Feb. 19-March 20. At some stage this week you are going to have to choose which is the more important to you: your private life or your career.

SALLY BROMPTON

Caption contest

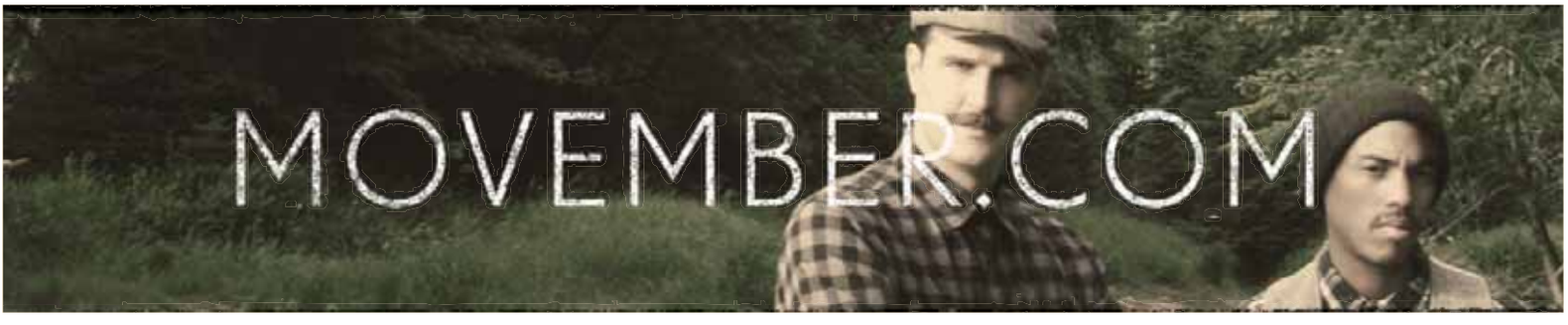
AHN YOUNG-JOON/THE ASSOCIATED PRESS

MISHA JAPARIDZE/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



The Mercedes-Benz Year End Event is back.

Bring home a 2012 C-Class Sedan or GLK-Class.

Mercedes-Benz
Year End Event

C 350 Shown

2012 C 250 SEDAN TOTAL PRICE[1]: $39,312**

3 PAYMENTS WAIVED*	FINANCE APR	LEASE APR	LEASE PAYMENT
	1.9%*	3.9%*	$298*
	60 MONTHS	48 MONTHS	$9,072** DOWN

[1]Taxes extra.

2012 GLK 350 4MATIC™ TOTAL PRICE[1]: $46,412**

3 PAYMENTS WAIVED*	FINANCE APR	LEASE APR	LEASE PAYMENT
	2.9%*	4.9%*	$428*
	60 MONTHS	48 MONTHS	$8,455** DOWN

[1]Taxes extra.

To learn more visit **mercedes-benz.ca/currentoffers**

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25th Year Anniversary
125! years of innovation

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, davidmorrisfinecars.com

© 2011 Mercedes-Benz Canada Inc. **2012 C 350 Sedan/GLK 350 4MATIC™ shown, National MSRP $49,000/$43,800.** **Total price of $39,312/$46,412 and down payment include freight/PDI of $1,995, dealer admin fee of $495, air-conditioning levy of $100, EHF tires, filters, batteries of $16.00 and AMVIC fee of $6,25. *First, second and third month payment waivers are capped for the 2012 C 250 Coupe, C 250 Sedan, E 350 BlueTEC, GLK 350 (up to a total of $1,350/$1,350/$2,550/$1,650 including taxes) for lease programs and (up to a total of $1,950/$1,950/$3,150/$2,250 including taxes) for finance programs. Payment waivers are only applicable on new 2012 C-Class Coupe, Sedan, GLK-Class and E-Class. Not applicable to AMG models. Lease and finance offers based on a new 2012 C 250 Sedan/GLK 350 4MATIC™ available only through Mercedes-Benz Financial Services on approved credit for a limited time. Lease example based on $298/$428 per month for 48 months. Down payment or equivalent trade of $9,072/$8,455 plus security deposit of $300/$500 and applicable taxes due at lease inception. MSRP starting at $36,700/$43,800. Lease APR of 3.9%/4.9% applies. Total obligation is $23,697/$29,499. 18,000 km/year allowance ($0.20/km for excess kilometres applies). Finance example is based on a 60-month term and a finance APR of 1.9%/2.9% and an MSRP of $36,700/$43,800. Monthly payment is $558/$684 (excluding taxes) with $6,142/$6,992 down payment or equivalent trade in. Cost of borrowing is $1,565/$2,880 for a total obligation of $39,628/$48,042. Vehicle licence, insurance, registration and PPSA (if applicable) are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offer ends November 30, 2011.

BEST BACKED CARS IN THE WORLD* Want to know more? Visit mitsubishi-motors.ca

Outlander XLS model shown‡

2011 **OUTLANDER ES** | **$24,448**Δ ALL-IN PRICE

2.4L DOHC 16V MIVEC I4-168HP • Sportronic® CVT • Air conditioning
Power windows with driver's auto down/up • Heated power side mirrors •
Bluetooth® 2.0 hands-free cellular phone interface with streaming audio
and USB input with voice control • Cruise control

S-AWC Super All Wheel Control **World's most advanced all-wheel control system§**
Available on Outlander XLS§

0% PURCHASE FINANCING | **72** MONTHS ON ALL 2011 OUTLANDERS◊

Lancer SE model shown‡

2011 **LANCER DE** | **$16,598**Δ ALL-IN PRICE

2.0L DOHC 16V MIVEC I4-148HP • 5-speed manual transmission
or CVT • Power windows with driver's auto down/up • Power
side mirrors • 140-watt CD/MP3 audio system with 4 speakers
Tilt steering column • Active Stability Control • Traction control

0% PURCHASE FINANCING | **60** MONTHS ON MOST 2011 LANCERS◊

RVR GT model shown‡

ALL-NEW 2011 **RVR ES** | **$19,898**Δ ALL-IN PRICE

BEST-IN-CLASS FUEL ECONOMY†
2.0L DOHC 16V MIVEC I4-148HP • 5-speed manual transmission
Air conditioning • Power windows with driver's auto down/up
Heated power side mirrors • Keyless entry • Cruise control
140-watt CD/MP3 audio system with 4 speakers

0% PURCHASE FINANCING | **60** MONTHS ON ALL 2011 RVRs◊

2011 **ENDEAVOR SE** | **$33,798**Δ ALL-IN PRICE

3.8L SOHC 24V V6-225HP • 4-speed Sportronic® automatic transmission
All-Wheel Drive • Air conditioning • Power windows • Bluetooth® hands-free
cellular phone interface with voice control • Leather seating surfaces • 360-watt
6CD/MP3 Rockford Acoustic Design premium sound system with 9 speakers
including 8-inch subwoofer • Power sliding glass sunroof with sunshade

0% PURCHASE FINANCING | **84** MONTHS ON 2011 ENDEAVOR◊

10 YEAR 160,000 KM POWERTRAIN LTD WARRANTY**

34 AVENUE
97 STREET
93 STREET

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Prices shown do not include block heater, pre delivery exam $1100 admin fee $395. All applicable taxes extra. Savings can not be combined with 0% APR. Payments shown include all taxes admin fee. Contact Dealer for further information. Expires Nov. 30, 2011. Endeavor payments over 84 months at 0% APR, cost of finance is nil.

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SOUTHSIDE MITSUBISHI

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Δ THE ALL-IN PRICE INCLUDES DESTINATION, DELIVERY AND FEES. TAXES, PPSA AND DEALER/ADMIN FEES OF UP TO $599 ARE EXCLUDED.

Offer(s) available on all new 2011/2012 models purchased through participating dealers to qualified retail customers who purchase a new vehicle by January 3, 2012. Dealers may sell for less, some conditions apply. Offers are subject to change without notice, see dealer for complete details. ‡ 2011 Lancer SE/2011 RVR GT/2011 Outlander XLS models shown have an MSRP of $19,398/$28,498/$34,498 and selling price of $16,598/$19,898/$24,448. Includes destination, delivery and fees. Taxes, PPSA and dealer fees of up to $599 are excluded. § S-AWC available on Outlander XLS and Lancer Evolution. † Combined City/Highway ratings for non-hybrid compact SUVs based on Energuide. ◊ 0% purchase financing available through Bank of Montreal for up to 72 months on all new 2011 Outlander models, up to 60 months on all new 2011 RVR models and most new 2011 Lancer models, and up to 84 months on all new 2011 Endeavor models (terms vary by model, see dealer for details). Excludes up to $1,450 in freight, $250 in PDI, $100 in air tax, up to $30 in EHF, $15 duty on new tires, taxes, PPSA, registration, insurance, licensing, administration, up to $599 in other dealer fees, and any additional government fees. * Best backed claim does not cover Lancer Evolution and Ralliart models. ® MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD are trade-marks of Mitsubishi Motors North America, Inc. and are used under license. ** Whichever comes first. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Not all customers will qualify.

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